

# DHEKELIA PRIMARY SCHOOL

**E**ARLY **Y**EARS

**F**OUNDATION **S**TAGE (EYFS)

**S**NACK

**P**OLICY

## Foundation Stage One Snack Policy

### **AIM**

We recognise that snack and meal times are an important part of the child's day. It is a social time for children to enjoy food. We aim to provide healthy, balanced, varied and nutritious food and a drink to meet the child's needs and encourage them to develop Independence, promote healthy lifestyles and well-being throughout their life.

We meet the welfare requirements outlined in the EYFS on food and drink:

*'Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.'*

### **IMPLEMENTATION**

- Before a child starts at Dhekelia Foundation Stage we find out from parents their child's special dietary requirements, including any cultural, religious or medical reasons; preferences or food allergies. Parents complete admission forms containing this information, and discuss with the practitioners / key person, children's dietary needs. All practitioners have a file in their class containing this important information. This information is then shared with the relevant persons, including the snack practitioner.
- We regularly consult with parents about children's dietary requirements that have changed. The relevant forms are then updated.
- All dietary requirements are displayed in the Foundation Stage kitchen.

### **SNACK & MEAL TIMES**

- The snack menu is on a rolling four week rota which is based on and considers parental and children's views. This menu is shared with parents and displayed outside each classroom.

- The menu is organised to provide a healthy, nutritious and balanced diet. High-quality produce is sought that avoid large quantities of fat, salt and sugar and artificial colouring, additives or preservatives. Fresh fruit and vegetables are provided daily. We provide a varied diet, in which we encourage children to try familiar and unfamiliar foods. We also encourage children to talk about and make healthy choices. Children with special requirements are catered for, such as vegetarian options are provided daily. Parents may wish to bring in food due to dietary requirements which they may do so in consultation with the staff, to ensure food is nutritious and well-balanced, which is then stored safely.
- The daily cost of snack is 50 cents per day. If your child does not come into the setting on a particular day you will still be charged the set fee. This helps to cover costs for parties, celebrations and special days so that all children can take part.
- Snack and meal times are treated as a social event to develop healthy practices whilst maintaining good food hygiene.
- We operate a snack bar within Foundation Stage One.. At snack, children are encouraged to serve themselves and practitioners encourage children to make their own choices and talk to them about their decisions.
- All food is stored safely in accordance with environmental regulation.
- Practitioners are available at the end of the day / session if parents wish to talk about the menu or what the child has consumed.
- We are aware that some children may not want to eat what is provided. However, we do find that when children are sitting with their friends, they like to eat what their friends are eating. If children's food intake/diet is cause for concern or limited, we speak to the parents to cater for the child's preferences and gradually expose them to more foods.
- We encourage and support children to drink throughout the day and each child should also bring into the setting a bottle of fresh water daily.

## Curriculum

- As part of the curriculum we discuss healthy practices, including the need to drink water after physical exercise, hot weather.
- We also discuss healthy eating. We help children to understand why some foods are healthy and others are not.
- Children participate in cooking activities and gardening. They try foods from a range of cultures (respecting parental views and taking into consideration children's dietary requirements).

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